What was the secret of the swing according to Eddie Loos?

Here is what Eddie says:

"I Let the Club Swing Me"

"The obvious answer was 'balance'. But that didn't satisfy me. I went out in a quiet corner and tried taking full swings standing on one leg. I made a discovery, a big one.

"Just so long as I LET THE CLUB SWING ME, I hit the ball and was in perfect balance without thinking about it.

"The moment I tried to force the action of swinging the club I couldn't keep in balance.